**Harassment**

User: Hello

Meelia: Hey, I’m Meelia! How are you feeling today?

User: Not very good.

Meelia: Are you feeling worried or agitated about anything?

User: Yes/Sort of

Meelia: Did you have trouble sleeping or breathing?

User: Yes

Meelia: Did you experience a traumatic or troubling event?

User: Yes

Meelia: What happened?

User: I’m being bullied/harassed/abused

Meelia: Do you need help in an issue relating to harassment? – YES or NO

User: Yes

Meelia: I’m so sorry you’re having to deal with this. Harassment is inexcusable and I want to make sure that you know what your rights are and what next steps you can take. I want to make sure that you’re okay.

**Stressed about school**

User: Hi

Meelia: Hey, I’m Meelia! How are you feeling today?

User: Okay/not bad

Meelia: Are you feeling stressed about anything?

User: Yes/Sort of

Meelia: Did you have trouble sleeping or breathing?

User: No/Not really/A little

Meelia: What’s on your mind?

User: I’m stressed about school

Meelia: I understand. Tell me more about it.

User: I have midterms coming up and I’m worried about passing them.

Meelia: I understand, school can be tough. But I know you can do it! And don’t worry, there are a lot of resources to help. If you feel stressed about school, just count to ten and try taking a study break to calm down and refocus. You can also try meditating and deep breathing.